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### [ACCIDENT PREVENTION / SAFETY](#)

**Babies: top safety tips for parents and carers** (Child Action Prevention Trust, 2019.)

**Height chart: helping your child to avoid accidents at home** (ROSPA 2012)

**Home safety** (Eastbourne Downs & Weald PCT/Hastings & Rother PCT 2007)

**How safe are your child's toys** (Child Action Prevention Trust, 2013.)

**How safe is your child at home** (Child Action Prevention Trust, 2009.)

**How safe is your child from burns and scalds?** (Child Action Prevention Trust, 2018.)

**How safe is your child in the car?** (Child Action Prevention Trust, 2019.)

**Toddlers and up: top safety tips for parents and carers** (Child Action Prevention Trust, 2014)

**Wash your hands!** (Comic Company 2015)

**What might poison your child** (Child Action Prevention Trust, 2011.)

**5-7s: top safety tips for parents and carers** (Child Action Prevention Trust, 2009.)

**7-11s: top safety tips for parents and carers** (Child Action Prevention Trust, 2009.)

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### [ALCOHOL & DRUGS](#)

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**Taking Control of Alcohol** (BHF, 2018.)

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**Alcohol and pregnancy don't mix** (BHCC 2015)

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**Cannabis & Tobacco** (Comic Company, 2014.)

**Cheers: your health** (Comic Company, 2012.)

**Drug card - Cannabis** postcard (HIT 2015)

**Drug card - Heroin (H smack brown)** postcard (HIT 2015)

**Five drugs: five facts** Key stages 3-4 (11-16) (Substance)  
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**Hepatitis C: a handbook for people who have injected drugs** (Harm Reduction Works 2009)  
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**Hepatitis C: causes consequences & advice** (HIT 2012)

**Hepatitis C: information for people who inject drugs** (HIT 2013)

**Injecting & infections** (National Treatment Agency 2009)  
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**It's a fine line...between using it and losing it (cocaine)** (HIT 2011)

**Know alcohol** (HIT 2016)

**Know ecstasy & PMA** (HIT 2014)

**Know GHB & GBL** (HIT 2014)

**Know mephedrone** (HIT 2014)

**Methamphetamine** (HIT 2008)

**No alcohol = no risk: alcohol in pregnancy advice** (BSUH 2013)

**Protect your family from Hepatitis** (HIT 2005)

**Protect yourself against Hep B** (Harm Reduction Works 2008)  
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**Rethink your drink scratchcards** (BHCC, 2019.)

**Saving lives: your essential guide to spotting managing and preventing an opiate overdose** (BHCC 2015)  
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**The viruses: a rather rude guide for drug injectors** (Linnell 2014)

**There are some things you should never share with anyone . . . blood-borne viruses** (HIT 2009)

**What's the deal on grass: cannabis facts for parents carers and professionals** (HIT 2011) Limit of 10 leaflets

**What's the deal on grass? Talking with a young person about cannabis** (HIT 2013) Limit of 10 leaflets

**What's the deal on quitting: a Do-It-Yourself guide to quitting cannabis** (HIT 2013) Limit of 10 leaflets

**Young women and alcohol** (HIT 2009)

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## [BABY AND CHILD HEALTH / PARENTING](#)

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**Art of baby massage** (West Herts Community NHS Trust 2004)

**Baby starts solids** (Comic Company 2008)

**Being a parent starts right now: protecting your child from the dangers of cigarette smoke** (DOH, 2014.)

**Bite-sized guide to healthy weaning - Weaning take-home wall planner** (NHS, 2019.)  
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**Breastfeeding after returning to work or study** (PDF only, NHS 2015)  
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**Building blocks for a better start in life** (DOH 2010)

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**Carbon monoxide screening: advice for health professionals** (Tommy's 2018)

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**Food safety and your baby** (Foodlink)

**Guide to bottle feeding** (NHS, 2015, PDF only)

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**Hepatitis B - A guide to your care in pregnancy and after your baby is born** (NHS, 2020.)

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**Introducing solid foods** (DOH, 2014, PDF only)

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**Trying new flavours, textures and tastes - How do I do it at baby's own pace?** - A4 wall poster (DOH, 2019.)

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**Growing, laughing, sitting, teething – but when is baby ready for weaning?** - A4 wall poster (DOH, 2019.)

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**Slurp, burp, munch, crunch – what should baby be eating for lunch?** – A4 wall poster (DOH, 2019.)

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**Off to the best start: a guide to breastfeeding** – Z-card (DOH 2018)

**Off to the best start: a guide to help you start breastfeeding** (DOH 2018)

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**Positive parenting** (NSPCC 2016)

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**Postnatal depression** (RCP 2011)

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**Protecting your baby against hepatitis B with the hepatitis B vaccine** (DOH, 2018)

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**Protecting your baby against meningitis and septicaemia** (DOH, 2018.)

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**Protecting your baby against meningitis and septicaemia: quick guide** (DOH 2015)

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**Safer sleep for babies: a guide for parents** (Lullaby Trust, 2019.)

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**Smoking – Safer sleep for babies** Fact Sheet 2 (PDF only, Lullaby Trust, 2018.)

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**Test your breath – Why carbon monoxide screening matters** postcard (Tommy's 2018)

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**Top tips for top kids** (Change 4 Life 2010)

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**What every parent should know about Sepsis** (UK Sepsis Trust)

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**A change to a mole isn't the only sign of skin cancer** (NHS 2015)

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**Acute Myeloid Leukaemia (AML)** (Blood Cancer UK, 2019.)

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**Are you worried about ovarian cancer?** (Macmillan, 2018.)

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**Blood stem cell and bone marrow transplants - the seven steps** (Blood Cancer UK, 2017.)

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**Bowel cancer screening: the facts** (DOH 2013)

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**Bowel screening could save your life postcard** (NHS, 2013.)

**Breast cancer risk: what it means to you** (Breast Cancer Care, 2007.)

**Breast cervical bowel: screening information for transgender service users** (Albion in the Community, 2017.)

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**Cervical screening (a smear test) - the facts** (Jo's Cervical Cancer Trust, 2018)

**Cervical screening: what your abnormal result means** (DOH 2012)

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**Coughing for 3 weeks? Get out of breath easily? Do you have either of these symptoms? Tell your doctor** (NHS, 2016.)

**Could it be blood cancer?** (Blood Cancer UK, 2019.)

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**Feeling bloated most days for 3 weeks? Tell your doctor** (NHS, 2013.)

**HPV Vaccination – Protecting yourself against HPV infection** (PHE, 2019.)

**HPV vaccination – the facts** (Z-card, Jo's Cervical Cancer Trust, 2017.)

**Human papillomavirus (HPV) - the facts** (Z-card, Jo's Cervical Cancer Trust, 2018.)

**If you notice blood in your pee even if it's 'just the once' tell your doctor** (NHS 2014)

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**Know your body: spot cancer early - bowel cancer** (CRUK, 2018.)

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**Know your body: spot cancer early - breast cancer** (CRUK, 2018.)

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**Know your body: spot cancer early - cervical cancer** (CRUK, 2018.)

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**Know your body: spot cancer early - lung cancer** (CRUK, 2018.)

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**Know your body: spot cancer early - prostate cancer** (CRUK, 2018.)

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**Know your body: spot cancer early - skin cancer** (CRUK, 2018.)

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**Know your breasts: a guide to breast awareness and screening** (BCC 2018)

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**Let's be clear about breathlessness** (NHS 2015)

**NHS breast screening: helping you decide** (DOH, 2019, PDF only.)

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**NHS cervical screening: helping you decide** (DOH 2013)

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**NHS population screening: information for transgender and non-binary people** (PHE 2019, PDF only)

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**Over 60? Your bowel screening test will arrive by post** (NHS, postcard, 2015.)

**Skin damage: also available in the UK** - postcard (Cancer Research UK, 2016.)

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**Speak up against cancer** (Brighton & Hove CCG, 2016.)

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**Spotting cancer early saves lives - information for men** (Cancer Research UK, 2020.)

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**Spotting cancer early saves lives - information for women** (Cancer Research UK, 2020.)

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**Spotting cancer early saves lives** - Z-card (Cancer Research UK, 2017.)

**Taking care of your breasts** - Z-card (Breast Cancer Care, 2018.)

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**Testicular cancer: how to spot the symptoms** (Cancer Research UK, 2015.)

**Want to cut your cancer risk?** (Cancer Research UK, 2019.)

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**Work and cancer** - (Macmillan Cancer Support, 2019.)

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**Worried about the symptoms of ovarian cancer?** (Target Ovarian Cancer, 2018.)

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**Your breasts your health: a quick guide to being breast aware** (Breast Cancer Care, 2009.)

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## **CARDIOVASCULAR DISEASE**

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**10 minutes to change your life: high blood pressure** (British Heart Foundation, 2015.)

**How I've reduced my blood cholesterol** (British Heart Foundation, 2017.)

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**How to lower your heart age** (PDF only, PHE, 2018.)

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**I've got my blood pressure under control** (British Heart Foundation, 2015.)

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**Keep your heart healthy** (BHF 2019)

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**Know your heart age card** (PDF only, PHE, 2018.)

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**Stroke: your quick guide** (British heart Foundation, 2014.)

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**Taking control of salt** (British Heart Foundation, 2018.)

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**Understanding blood pressure** (British Heart Foundation, 2018.)

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**Understanding cholesterol** (British Heart Foundation, 2018.)

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**When a stroke strikes act FAST** (PDF only, DOH, 2018.)

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**Women and heart disease: reducing your risk** (BHF 2011)

Work and cancer (Macmillan, 2019.)

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**Ask Brook about contraception** (Brook 2012)

**BodyWorks: your guide to understanding reproduction** (FPA 2016)

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**Contraceptive choices after you've had your baby** (FPA 2014)

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**Emergency contraception** (FPA 2017)

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**IUD** (FPA, 2018.)  
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**IUS** (FPA, 2015)  
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**Long-acting reversible contraception (LARC)** (FPA 2014)  
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**Male and female condoms** (FPA, 2014.)  
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**Your guide to contraception** (FPA 2014)  
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## **[DISEASES / ILLNESSES](#)**

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**A quick introduction to Parkinson's** (Parkinson's UK, 2014.)

**Asthma** (BLF, 2014.)  
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**At home with dementia: tips for making your home dementia friendly** (Age UK, 2016.)  
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**Bladder and bowel problems: common problems and how to manage them** (Age UK, 2017.)  
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**Breathlessness** (BLF 2017)  
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**COPD: chronic obstructive pulmonary disease** (BLF 2014)  
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**Dementia and memory problems** (RCPSYCH 2014)  
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**Dementia: helping your brain to stay healthy. NHS Health Check** (DOH 2015)  
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**Diabetes and your heart** (BHF 2013)  
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**Diabetes everyday eating** (Insulin Dependent Diabetes Trust 2011)  
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**Diagnosing epilepsy** (Epilepsy Research 2017, PDF only)  
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**Everyday living with arthritis** (Arthritis Research UK 2011)  
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**Hayfever** (ENTUK, 2016.)

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**Help and advice for living life well with a long term condition** (NHS 2009, PDF only)

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**Irritable bowel syndrome** (Core 2011)

**Living with early-stage dementia: living well in the present and planning for the future** (Age UK 2015)

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**Osteoarthritis** (Arthritis Research UK 2012)

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**This is the face of M.E.** (Action for M.E. 2009)

**Tuberculosis** (BLF 2013)

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**Understanding your diabetes** (Insulin Dependent Diabetes Trust 2014)

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**Understanding Type 2 diabetes** (BHF 2018)

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**What every parent should know about Sepsis** (UK Sepsis Trust)

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**What is MS?** (MS Society, 2016.)

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**10 minutes to change your life: time to eat well** (BHF 2014)

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**10 Top tips for a healthy weight** (CRUK 2017)

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**99 ways to cut 100 calories a day** (Comic Company, 2013.)

**Are you getting enough?** (Comic Company, 2015.)

**Are you ready for your fun family snack challenge?** (Change4Life, 2018.)

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**Baby starts solids** (Comic Company 2008)

**Check the labels (salt sugar fat)** postcard (Comic Company 2010)

**Check the labels** booklet (Comic Company 2017)

**Cut down on salt** (BHF 2014)

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**Eat 5** booklet (Comic Company 2010)

**Eat 5** postcard (Comic Company 2010)

**Eat Better to reduce your risk of heart and circulatory diseases** (BHF 2018)

**Eat fit: top ten healthy eating tips** (Comic Company 2013)

**Eating well to stay healthy as you age** (Brighton & Hove Food Partnership, 2020.)

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**Eating well with neutropenia** (Blood Cancer UK, 2017.)

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**Eatwell 8 tips for healthy eating** postcard (Comic Company 2017)

**Eatwell plate** postcard (Comic Company, 2016.)

**Good Breakfast quiz sheet** (Comic Company, 2009.)

**Healthy living for strong bones** (Royal Osteoporosis Society, 2019.)

**Fat - Spread it thin** (Comic Company, 2019.)

**Good grub snakes & ladders game** (Comic Company, 2008.)

**Healthy lunchbox** (Comic Company 2014)

**How food smart are you?** (Change4Life 2017)

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**Introducing solid foods** (DOH 2014, PDF only.)

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**Let's be Sugar Smart Brighton & Hove** (BHCC 2015)

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**Let's eat and drink healthily** (CRUK 2017)

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**Let's get Sugar Smart** pack (Change4Life 2016)

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**Off to the best start: important information about feeding your baby** (PDF only, DOH 2015)

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**Salt: shake the habit** (Comic Company 2012)

**Size matters** (Comic Company 2009)

**Small changes big benefits** (Comic Company 2014)

**Sugar: not so sweet** (Comic Company, 2017).

**Taking control of food portions and labels** (British Heart Foundation, 2018)

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**Taking control of saturated fats** (British Heart Foundation, 2018)

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**Taking control of sugar** (British Heart Foundation 2018)

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**This label could change your life: how food labels can protect your heart** (BHF 2014)

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**Understanding your weight** (BHF 2018)

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**Your simple guide to healthy weight loss: facts not fads** (BHF 2014)

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## **[FOOD HYGIENE](#)**

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**Food safety and your baby** (Foodlink)

**Food safety and your barbeque** (Foodlink)

**How to store foods safely** (Foodlink)

**Keep me cool keep me clean** postcard (Comic Company 2003)

**Preventing food poisoning** (FSA 2002)

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## **GENERAL HEALTH**

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**10 Top tips for a healthy weight** (CRUK 2017)

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**Back pain** (Arthritis Research UK, 2011.)

**Hepatitis B - A guide to your care in pregnancy and after your baby is born** (NHS, 2020.)

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**Free NHS Health Check** (DOH 2015)

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**How are you? – Z card** (PHE 2016)

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**Join Change 4 Life today – sign up form** (DOH 2012)

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**My Life Brighton & Hove** postcard (BHCC 2014)

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**Star Wars – Train like a Jedi** – activity and sticker pack for school children (PHE 2018)

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**Taking antibiotics when you don't need them puts you and your family at risk** (NHS, 2019.)

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**Top tips for top kids** (Change 4 Life 2010)

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**Wellbeing action plan** (Charlie Waller Memorial Trust 2015)

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**A guide to immunisation for babies born on or after 1 January 2020 (main leaflet)** (DOH, 2020.)

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**A quick guide to childhood immunisations for parents of premature babies born on or after 1 January 2020** (DOH, 2019.)

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**Flu: All about flu and how to stop getting it – EasyRead version for people with learning disabilities** (DoH, 2017.)

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**Flu: Protecting your child against flu – information for parents** (DoH, 2019.)

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**Flu: The flu vaccination: who should have it and why** (DoH, 2019.)

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**Flu: We're here to help you stay well this winter** (DoH, 2018.)

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**Immunisations at one year of age** (DOH, 2019.)

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**A guide to immunisation for young people: your questions answered** (DOH, 2019.)

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**Measles: don't let your child catch it** (DoH, 2013.)

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**MMR vaccination** (DoH, 2016.)

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**Pregnant? There are many ways to help protect you and your baby** (DoH, 2016.)

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**Pre-school immunisations: a guide to vaccinations (from two to starting primary school)** (DoH, 2019.)

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**Protecting your baby against hepatitis B with the hepatitis B vaccine** (DoH, 2018.)

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**Protecting your baby against rotavirus** (DoH, 2013.)

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**Shingles booklet** (DoH, 2019.)

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**Shingles postcard** (DoH, 2017.)

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**TB BCG vaccine and your baby** (DoH, 2018.)

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**TB: tuberculosis the disease its treatment and prevention** (NHS, 2016.)

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**Whooping cough and pregnancy: what you need to know and do to help protect your baby** (DoH, 2016.)

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## **LGBT**

**Breast cervical bowel: screening information for transgender service users** (Albion in the Community 2017)

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**Check it out: sexual health information for young men** (Sheffield Centre for HIV & Sexual Health 2015)

**Hepatitis C: the facts for gay and bisexual men** (THT, 2014.)

**LGBT+: navigating later life** (Age UK 2019)

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**NHS population screening: information for transgender and non-binary people** (PHE 2019, PDF only)

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**Stepping out: a rough guide for young people who are lesbian gay bisexual or questioning their sexuality** (Sheffield Centre for HIV & Sexual Health 2011)

**The Facts about Hepatitis A – Z card** (THT 2017)

**Top tips for working with trans and gender questioning young people** (Allsorts 2017)

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## **MENINGITIS**

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**Are you starting university in England? Protect yourself against meningitis and septicaemia** (DOH 2016)

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**Common signs & symptoms of meningitis and septicaemia – Z card** (Meningitis Now 2015)

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**Don't ignore the signs meningitis** (DOH 2018)

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**In school years 9-13? Protect yourself against meningitis and septicaemia** (DOH 2016)

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**Leaving school or college? MenACWY vaccine** (NHS 2017)

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**MenC vaccination programme** (NHS 2016)

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**Meningitis can affect anyone** (Meningitis Now, 2017)

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**Protecting your baby against meningitis and septicaemia** (DOH 2015)

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**Protecting your baby against meningitis and septicaemia: quick guide** (DOH 2015)

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## **MEN'S HEALTH**

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**A YMHC guide to testicular cancer** (BHCC 2017)

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**Check it out: sexual health information for young men** (Sheffield Centre for HIV & Sexual Health 2015)

**Osteoporosis in men** (National Osteoporosis Society, 2016.)

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**Size matters** (Comic Company 2009)

**Spotting cancer early saves lives – information for men** (CRUK 2017)

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**The man manual: men's health made easy** (Haynes & Men's Health Forum 2017)

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**5 ways to wellbeing** (BHCC 2019)

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**Anxiety and panic attacks** (Mind, 2019.)

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**Anxiety, Panic & Phobias** (RCP 2015)

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**Depression** (RCP 2015)

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**Every mind matters 2019 - Z-card conversation starter** (NHS, 2019.)

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**Help is at hand – Z-card** (PHE 2018)

**How to be mentally healthy at work** (Mind 2016)

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**How to deal with anger** (Mind 2016)

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**How to look after your mental health** (MHF 2018)

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**How to look after your mental health in later life** (MHF 2018)

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**How to manage and reduce stress** (MHF 2018)

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**How to manage stress** (Mind, 2016.)

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**How to overcome fear and anxiety** (MHF 2018)

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**How to support mental health at work** (Mental Health Foundation.)

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**How to support someone who feels suicidal** (Mind 2017)

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**Living with early-stage dementia: living well in the present and planning for the future** (Age UK 2015)

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**Men and depression** (RCP 2015)

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**Self harm** (RCP 2016)

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**Sleeping well** (RCP 2015)

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**U can cope! How to cope when life is difficult** (RCP 2016)

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**Understanding mental health problems** (Mind, 2018.)

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**Understanding self-harm** (Mind, 2016.)

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**Understanding stress** (BHF 2018)

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**Worried about self-harm?** (Young Minds)

**Your mind matters: thinking about your mental health** (Age UK, 2019.)

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## **OLDER PEOPLE**

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**A practical guide to healthy ageing** (Age UK 2014) – A4 large format

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**At home with dementia: tips for making your home dementia friendly** (Age UK 2016)

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**Be active for life 65+** (BHF, 2010.)

**Bladder and bowel problems: common problems and how to manage them** (Age UK 2017)

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**Caring for someone with dementia: a practical guide to help you** (Age UK 2015)

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**Dementia and memory problems** (RCPSYCH 2014)

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**Eating well to stay healthy as you age** (B&H Food Partnership 2017)

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**Get up and go! A guide to staying steady** (Saga, 2017.)

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**How to look after your mental health in later life** (MHF 2018)

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**Lesbian, gay, bisexual or trans: navigating later life** (Age UK 2018)

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**Living with early-stage dementia: living well in the present and planning for the future** (Age UK 2015)  
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**Over 60? Your bowel screening test will arrive by post** postcard (NHS 2015)

**Shingles** booklet (DOH 2017)  
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**Shingles** postcard (DOH 2017)  
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**Staying steady: keep active and reduce your risk of falling** (Age UK 2016)  
([Click to download](#))

**Winter wrapped up: a guide to keeping warm and well this winter** (Age UK 2017)  
([Click to download](#))

**Your mind matters: thinking about your mental health** (Age UK, 2019.)  
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## **[ORAL HEALTH](#)**

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**Give your teeth a makeover** postcard (Comic Company 2015)

**Tell me about children's teeth** (BDHF 2016)

**Top tips for teeth – Z card** (NHS Change 4 Life 2018)

**Warning: smoking can seriously damage your smile. Smoking and your mouth** (GASP, 2017.)

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## **[OSTEOPOROSIS](#)**

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**Am I at risk of osteoporosis and fractures?** (NOS 2013)  
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**An introduction to osteoporosis** (NOS, 2014.)  
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**Osteoporosis** (Arthritis Research UK, 2011.)

**Osteoporosis in men** (NOS, 2016.)  
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## **[PHYSICAL ACTIVITY](#)**

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**10 minutes to change your life: time to get moving** (British Heart Foundation, 2014.)

**10 steps to an active you** (PHE 2017)

**Be active for life 65+** (British Heart Foundation, 2010.)

**Everyday fit!** (Comic Company 2016)

**Find movement that works for you** (We are undefeatable campaign, 2019.)  
([Click to download](#))

**Get active stay active** (British heart Foundation, 2011.)

**Get up and go! A guide to staying steady** (Saga, 2017.)  
([Click to download](#))

**Healthy Lifestyles Team** (Brighton & Hove City Council.)

**Put your heart into walking** (British Heart Foundation, 2014. PDF only.)

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**Swimfit** (Comic Company, 2005.)

**Understanding physical activity** (BHF 2018)

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**Walkfit** (Comic Company 2009)

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## **PREGNANCY**

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**Alcohol and pregnancy don't mix** (BHCC 2015)

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**Baby on the way quit today: what you need to know about smoking and pregnancy** (DOH 2012)

**Carbon monoxide screening: advice for health professionals** (Tommy's 2018)

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**Folic acid: an essential ingredient for making healthy babies** (DOH 2009)

**No alcohol = no risk: alcohol in pregnancy advice** (BSUH 2013)

**Postnatal depression** (RCP 2015)

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**Pregnancy: a young person's guide** (FPA 2014)

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**Test your breath – Why carbon monoxide screening matters** postcard (Tommy's 2018)

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**Use of electronic cigarettes in pregnancy** (Tommy's 2018)

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## **SEXUAL HEALTH (also see YOUNG PEOPLE)**

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**Abortion** (FPA 2014)

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**Big weekend? Blue Monday? Are you worried about having sex while high?** (THT, 2017.)

**Chlamydia** (FPA 2016)

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**The facts about Gonorrhoea** (THT, 2017.)

**Genital herpes** (FPA 2016)

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**Genital warts** (FPA 2015)

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**Gonorrhoea** (FPA 2017)

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**Hep B: risky business** postcard (PHE 2017)

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**HIV** (FPA 2016)

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**Non-gonococcal urethritis** (FPA 2018)

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**Oral sex** (FPA 2106)

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**People over 50: relationships and sexual health** (FPA 2010)

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**Pregnant and don't know what to do** (FPA 2014)

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**Pubic lice & scabies** (FPA 2016)

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**So you think you might be pregnant?** (BPAS 2012)

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**So you want to know about contraception?** (BPAS 2014)

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**Syphilis** (FPA 2014)

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**Thrush & bacterial vaginosis** (FPA 2014)

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**Trichomonas vaginalis** (FPA 2016)

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**You can stop HIV** (THT, 2018.)

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## **SMOKING**

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**Baby on the way quit today: what you need to know about smoking and pregnancy** (DOH, 2012.)

**Being a parent starts right now: protecting your child from the dangers of cigarette smoke** (DOH, 2014.)

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**Cannabis & Tobacco** (Comic Company, 2014.)

**Carbon monoxide screening: advice for health professionals** (Tommy's, 2018.)

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**How to stop smoking** (British Lung Foundation, 2019.)

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**I quit! How to leave smoking behind you** (Comic Company, 2015.)

**I quit: day you stop postcard** (Comic Company, 2007.)

**Inside story - what smoking does to your body** (Comic Company, 2011.)

**Join the millions who've quit smoking with our support** (PHE, 2020, PDF only.)

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**Making our home smokefree has been great for me and her** (NHS, 2012.)

**Over 80% of cigarette smoke is invisible** (NHS 2013) (last copies – out of print)

**Quitting is all about finding what works for you** (NHS 2012)

**Quitting smoking is one of the best things you'll ever do for your health** (PHE, 2019, PDF only.)  
([Click to download](#))

**Sex and smoking** (Comic Company 2015)

**Smokefree wheel** (Public Health England, 2019.)

**Smoking - Safer sleep for babies Fact Sheet 2** (Lullaby Trust, 2018.)  
([Click to download](#))

**Stop smoking** (Easy read leaflet, Macmillan Cancer Support, 2019.)

**Stop smoking - start living** (BHCC)

**Test your breath - Why carbon monoxide screening matters** (PDF only, Tommy's, 2018.)  
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**There's never been a better time to quit** (PHE, 2020.)  
([Click to download](#))

**Understanding smoking** (BHF 2018)  
([Click to download](#))

**Use of electronic cigarettes in pregnancy** (Tommy's 2018)  
([Click to download](#))

**Warning: smoking can seriously damage your smile. Smoking and your mouth** (GASP, 2017.)

**Why not quit now? A quit smoking guide for young people** (GASP, 2011.)

**You can be smoke free** (CRUK 2017)  
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## **[SUN SAFETY](#)**

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**Get sunwise: cool cat's hot tips** (Comic Company, 2008.)

**Let's stay safe in the sun** (Cancer Research UK, 2019.)  
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**Skin damage - also available in the UK** (Postcard, Cancer Research UK, 2019.)  
([Click to download](#))

**Slip! Slap! Slop! Get sunwise** (Postcard, Comic Company, 2015.)

**Staying cool in a heatwave** (Age UK, 2019)  
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Sun safety in Sussex schools (Postcard, NHS.)

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## **TRAVEL**

**Application form for European Health Insurance Card (EHIC)** (DoH, 2020, PDF only)

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**Travel safe: reducing the risk of getting a blood-borne infection when you're abroad** (DOH 2008)

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## **WOMEN'S HEALTH**

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**Bladder problems** (COB Foundation 2012)

**Spotting cancer early saves lives - information for women** (CRUK 2017)

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**Women and heart disease: reducing your risk** (BHF 2013, PDF only)

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**Women's personal health an easy guide** (Sussex Community NHS Trust 2013)

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## **YOUNG PEOPLE**

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**4 Boys: a guide to the male body** (FPA 2017)

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**4 Girls: a guide to the female body** (FPA 2017)

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**Abortion** (FPA 2008)

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**Are you starting university in England? Protect yourself against meningitis and septicaemia** (DOH 2016)

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**Ask Brook about contraception** (Brook 2012)

**Ask Brook about relationships safety and risks** (Brook 2016)

**Ask Brook about sexuality** (Brook 2011)

**Ask Brook about sexually transmitted infections** (Brook 2014)

**Boys: Looking ahead** (Brook 2008)

**Check it out: sexual health information for young men** (Sheffield Centre for HIV & Sexual Health 2015)

**Contraception and sexual health services for young people in Brighton & Hove – Z-card** (BHCC 2018)

**Girls: Looking ahead** (Brook 2008)

**Hep B: risky business** postcard (PHE 2017)

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**Is everybody doing it?** (FPA 2014)

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**Is this love?** (FPA 2014)

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**Love S.T.I.N.G.S** (FPA 2014)

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**Love sex & relationships** (FPA 2014)

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**Periods** (FPA 2014)

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**Pregnancy: a young person's guide** (FPA 2014)

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**Roll with it** (Brook 2014)

**Sex worth talking about: a healthcare professional's guide** (DOH 2010)

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**So you think you might be pregnant?** (BPAS 2012)

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**So you want to know about contraception?** (BPAS 2014)

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**Star Wars – Train like a Jedi** – activity and sticker pack for school children (PHE 2018)

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**Stepping out: a rough guide for young people who are lesbian gay bisexual or questioning their sexuality** (Sheffield Centre for HIV & Sexual Health 2011) - Max 10

**Worried about self-harm?** (Young Minds)

## **Easy read leaflets**

[About having a health check](#)

[Annual health checks](#)

[Annual health checks, a step by step guide: Brighton & Hove](#)

[Health check at your doctor's surgery](#)

[Alcohol](#)

[Asthma](#)

[Being healthy booklet: For adults with a learning disability in Brighton & Hove](#)

[Blood pressure](#)

[Cancer screening: bowel](#)

[Cancer screening: breast](#)

[Cancer screening: cervical](#)

[Cancer: prostate](#)

[Cancer: skin](#)

[Coping with grief and loss](#)

[Diabetes](#)

[Flu immunisation](#)

[Flu injection leaflets](#)

[Good healthcare for all: What can I expect from the NHS?](#)

[Healthy living](#)

[Heart health](#)

[How to keep your hands clean](#)

[How to try to not get cancer](#)

[Keeping healthy when it is really hot](#)

[Looking after my teeth and gums](#)

[Mental health](#)

[My Care Passport](#)

[My Dental Passport](#)

[My future and end of life care plan](#)

[Osteoporosis](#)

[Patient information leaflets A-Z](#)

[Periods](#)

[Sexuality and relationships resources](#)

[Sleep](#)

[Stop Smoking](#)

[Smoking - It's so much easier since I quit](#)

[Spotting cancer early saves lives](#)

[Staying healthy in pregnancy](#)

[What to do when you have Type 2 Diabetes](#)

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